

Program Descriptions (continued)

COMMUNITY SERVICE / VOLUNTEER OPPORTUNITIES

Being a part of the community that surrounds the center is very important. Teens are offered the chance to participate in different service and volunteer opportunities to enrich their lives while completing requirements for school. These activities are planned in conjunction with different projects in and around the county, like Volunteer Fairfax, and Adopt-A-Highway.

COOPERATIVE CHANGES

Cooperative games/challenges provide essential skills for teens. They teach teamwork skills, effective communication tools, and enhance self-esteem through group interaction. Also, by successfully participating in these challenges, teens build healthy and long-lasting relationships with their peers.

CHARACTER COUNTS ACTIVITIES

The six pillars of character are: respect, responsibility, trustworthiness, caring, fairness and citizenship. They provide teens with essential building blocks for core ethical values. Our multi-level activities allow teens to explore these different character traits and strengthen the moral fiber of the next generation.

check us out at www.fairfaxcounty.gov/rec

REGION I

703-704-6234, TTY : 703-222-9693

The HIDEAWAY – Mt. Vernon
South County Government Center
8350 Richmond Highway, ste. 309
Alexandria, VA 22309

ISA-Islamic Saudi Academy
8333 Richmond Highway
Alexandria, VA 22309

REGION II

703-534-3387(207), TTY:703-222-9693

The CHILL SPOT
James Lee Community Center
2855-A Annandale Road.
Falls Church, VA 22044

The ZONE
Annandale Terrace
7604 Herald Street
Annandale, VA 22003

The MIX – Mason
Glasgow Middle School
4101 Fairfax Parkway
Alexandria, VA 22312

Culmore Teen Center
6018 Argyle Drive
Falls Church, VA 22041

The CAVE
Twain Middle School
4700 Franconia Road
Alexandria, VA 22310

The CRIB
Lorton Station Elementary
9298 Lewis Chapel Road
Lorton, VA 22079

REGION III

703-326-7040, TTY : 703-222-9693

The RESTON TEEN CENTER
12196 Sunset Hills Road
Reston, VA 20190

The ATTIC - Dranesville
Herdon Middle School
901 Locust Street
Herdon, VA 20170

MCNAIR TEEN CENTER
McNair Elementary School
2499 Thomas Jefferson Drive
Herdon, VA 20171

REGION IV

703-278-8605, TTY : 703-222-9693

The MOTT COMMUNITY CENTER
12111 Braddock Road
Fairfax, VA 22030

The STONE TEEN CENTER
Stone Middle School
5500 Sully Park Drive
Centreville, VA 20120

The BASEMENT - Sully
Rocky Run Middle School
4400 Stringfellow Road
Chantilly, VA 22021

REGION V

703-912-4687, TTY: 703-222-9693

The NET - Springfield
Irving Middle School
8100 Old Keene Mill Road
Springfield, VA 22152

Newington Forest Elementary
8001 Newington Avenue
Springfield, VA 22153

Lynbrook Elementary
5801 Backlick Road
Springfield, VA 22150



www.fairfaxcounty.gov/rec

TEEN services

Spring 2006

Volunteer!
Make a Difference in a Teen's Life

Fairfax County teen centers are seeking volunteers. Volunteering at a teen center is one of the most significant ways that you can impact the life of a young person. How can you help? By sharing your particular expertise with teens. Whether your talent is cooking, aerobics, art, sports, music, computers, home repair, or writing, you have a lot to offer. You could also become a mentor. Mentors are caring adults who are willing to devote an hour or so per week to assist a teen who needs academic tutoring, emotional support or merely friendship. Mentors are great role models for teens. You can help teens learn how to make a difference in their community through community service projects or offer assistance in putting on a special event or dance by supervising teens, helping 'set up and tear down,' assisting with registration, security, refreshments, or other duties. Use your talents, energy and time to make a difference in a teen's life. To find out about volunteer opportunities, call 703-324-TEEN, TTY 703-222-9693.

Program Descriptions

SPORTS & FITNESS

Sports are a big part of the centers. We use sports to offer physical activity, build teamwork skills, and for just plain fun. Basketball, football, and soccer are amongst some of the sports we offer. Our staff helps the teens with their skills, and offers support when needed. Fitness and wellness activities are also included in our activities. Seasonal sports leagues give teens that are otherwise not able to, the opportunity to be part of a team.

FIELD TRIPS / SPECIAL EVENTS

Each Teen Center offers special events such as inter-center basketball leagues, center dances, and open houses, among others. We also offer field trips to attractions in and around the D.C. Metropolitan area. These field trips are sponsored by Fairfax County Community and Recreation Services.

PREVENTION ACTIVITIES

The Teen Centers offer prevention programs as a means to provide the teens the appropriate information to make positive choices in society. Activities include drug and alcohol awareness, healthy life-styles, HIV and AIDS awareness and workshops, building healthy relationships, and preventing gang and domestic violence.

TEEN SPEAK OUT

Teens today want to voice their opinions about specific issues and concerns. The centers provide a forum for the teens to take ownership of their community and issues that are prevalent in the area.

(program descriptions continued on back page)



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, please call CRS at 703-324-4386, TTY 703-222-9693. Please allow ten business days to process your request.



A Fairfax County, Va., publication

February 2006

Calendar of Events

MARCH

TTY number for all teen centers is 703-222-9693

REGION I 703-704-6234

IMAX MOVIE - meet at the Hideaway
March 18, 2006 2 p.m.
What is better than an IMAX movie? A 3-D IMAX movie!
Come with us to DC for a breathtaking!
\$10.00

1st Annual No.Va.Youth Alcohol and Drug Abuse Prevention Project (YADAPP) Conference
March 25, 2006 - Hideaway 9 a.m. - 5 p.m.
The conference will have speakers, games and opportunities for teens to work with their community. Free

REGION II 703-534-3387, ext. 207

St. Patrick's Day Dance - the Mix Teen Center
March 17, 2006 7:30 - 9:30 p.m.
Celebrate the Irish at Glasgow Middle School! Admission: \$4.00, but if you wear green, you get a dollar off. Bring three friends and get in free! Light refreshments will be served. DJ!

'I Got Served!' - James Lee / the Zone / Mix-Mason
March 24, 2006
All Region II teen centers will be hosting a variety of programs such as 'I Got Served,' 'Taste for Teens Weekend', tournaments, seminars and more. Call our shuttle hotline at 703-534-3387, ext. 200 for a ride. Free

REGION III 703-326-7040

March Madness Tournament 06 - Reston Teen Ctr.
March 11, 2006 1 - 8 p.m.
Celebrate March Madness with a 3-on-3 tournament. We're calling in officials and top-of-the-line referees for 6 courts of basketball. Register your team today!
Free

Women's History Month - starts at Reston Teen Ctr.
March 18, 2006 2 - 6 p.m.
Come celebrate Women's History Month with activities and a showcase of influential women who have touched our lives. Transportation to the National Women's Museum in D.C. Free

REGION IV 703-278-8605

Teen Event Plannig Team - Mott Community Center
We need members for the new Teen Event Planning Team. The team will plan parties, tournaments, field trips and other special events. Earn community service hours and activity discounts.

March Madness Party - Mott Community Center
March 18, 2006 7 - 10:30 p.m.
March Madness means watching football and partying! There will be a DJ and refreshments! Admission is \$2.00, but wear a football jersey and get in free!

REGION V 703-912-4687

St. Patrick's Day Feast - the Net
March 17, 2006 4 - 7 p.m.
Does it taste better if its green? Come and enjoy your favorite foods with a St. Patrick's Day twist. Free

March Madness - the Net
March 24, 2006 6 - 10 p.m.
March 25, 2006 7 - 11 a.m.
3-on-3 basketball tourneys. Top teams win prizes! Free

APRIL

REGION I 703-704-6234

It's Raining Threes!!! - the ISA, Cave and Crib
April 7, 2006 7 p.m.
Come test your basketball skills from beyond the arc! There will be a prize for the winner at each location. Free

Learn to Earn - the Hideaway
April 11, 2006 5 p.m.
Need some money this summer? Learn where and how you can find a summer job. A speaker from the Skill Source Center will fill you in. Refreshments. Free

REGION II 703-534-3387, ext. 207

Family Night - James Lee Community Center
April 21, 2006 6 p.m.
Chill Spot Teen Council will host a dinner of spaghetti and meatballs, followed by door prizes and games. You must register. Free

'Hip-Hop to Da Head' - leaving from James Lee Ctr.
April 29, 2006 10:30 p.m.
The Kennedy Center offers Afro-Latin dancing, beat-boxing, song and audience participation. You must pre-register. \$10.00

APRIL

REGION III 703-326-7040

National Zoo - meet at the Reston TownCenter
April 8, 2006 1 - 5 p.m.
Lions and tigers and bears, oh my! Let's go see some of the cuddliest and fiercest animals mother nature has to offer. Free

Spring Fling Dance - Reston Teen Center
April 22, 2006 9 p.m. - midnight
Let's usher in Spring as we bid Old-Man Winter adieu. Bring your school ID cards since this dance is for high school students only. \$3.00

REGION V 703-912-4687

Cherry Blossom Parade -meet at the Net
April 8, 2006 10 a.m. - 4 p.m.
Free

REGION IV 703-278-8605

Internet Safety Workshop - Mott Community Ctr
April 19, 2006 6:30 p.m.
This interactive, educational safety resource teaches teens, parents and educators how to stay safe on the Internet. Free

Chili Cook-Off - Mott Community Center
April 21, 2006 6 p.m.
Sample chili from local restaurants as they compete for the coveted 'Mott's Best Chili' award. \$1.00

Project Sticker Shock
April 22, 2006 Noon
Sticker Shockers will be placing stop sign stickers in participating stores, displaying a warning about the penalties for providing alcoholic products to anyone under the age of 21. Community service credit. Free

MAY

REGION I 703-704-6234

Cinco de Mayo Fiesta Spring Dance - Hideaway
May 5, 2006 7-10 p.m.
South County Teen Center. \$2.00

Mai Thai/Tie-Dye - the Hideaway
May 17, 2006 5 p.m.
Learn the ancient art of writing in Chinese, apply your new skills to a t-shirt or tie-dye your own design. Free

Six Flags!!! - meet at the Hideaway
May 20, 2006 9 a.m. - 7 p.m.
We're gonna have a blast! Get your permission slip in early because seating on the bus is limited. \$20.00

Trip to Arlington Cemetery -from Hideaway: 11 a.m.
March 21, 2006 (permission slip) Noon - 4 p.m.
Honor our national heroes. Free

REGION II 703-534-3387, ext. 207

Cinco de Mayo Dance - James Lee Community Ctr.
May 5, 2006 DJ: 7:30 - 9:30 p.m.
Fill out the Summer Blast Survey and get a \$1 off. Bring three friends and get in free. Refreshments served. \$4.00

Kickball Game against the Cops! - James Lee Ctr.
May 18, 2006 6 - 8 p.m.
Cheer the Chill Spot on to victory against the Mason District Police Bike Team. There will be a cookout following the game. Free

REGION III 703-326-7040

National Backyard Challenge - Reston Teen Center
May 13, 2006 7 - 9 p.m.
PSII Tournaments at their best ; BACKYARD basketball, football and baseball, every Saturday. Who will be KING of the STICKS? Free

REGION IV 703-278-8605

Botball Robotic Competition - Mott Community Ctr.
May 6, 2006 9 a.m. - 6 p.m.
Leave the center for the University of Maryland and experience hands-on learning in robotics as applied to science, technology and more. Free

Physical Fitness and Sports Month
May 27, 2006 5 - 7 p.m.
The Reston Teen Center challenges you: ARE YOU IN SHAPE? A variety of tests for 'Best Fitness Shape'. Prizes plus healthy give-aways. Free

Sports and Grill Event - Mott Community Center
May 20, 2006 6:30 p.m.
Enjoy an evening of basketball, flag football, volleyball and other sports, then chow-down on some of your favorite grilled food. Free